

Part of the effect that Sandow got was due to the color of his body under the lights. He was not a "Baby-pink," but looked a deeper hue—almost a terra-cotta. Various men (all of whom claimed to have been either his associates or assistants) claim that for ten minutes before his act started Sandow would have himself rubbed with rough towels so as to bring the blood to the surface. Others claimed that he was made up; that is, powdered and painted.

There is one style of powdering which has remarkable results in emphasizing the muscular development. The athlete stands at ease and relaxed while the entire surface of his body is dusted over with a reddish powder. Then he will, say, lean over and flex his abdominal muscles. An assistant will then lightly pass a towel down the front of the athlete's body, wiping the powder off the high spots. Then, of course, when the athlete straightens up there will be lines of powder left in the crease between the horizontal bands of muscle across the abdomen; and between and below the great pectoral muscles on the breast. And also in the serrations of the fan-like muscles attached to the ribs. What is better, each and every one of those muscles will be outlined *naturally*—and far better than if you tried to paint in shadows; for the powder stays precisely in the creases between the flexed muscles. The general result is that the poser looks very muscular; for when at ease the

relaxed muscles are artificially outlined, and when contracted the muscles stand out in higher relief; the shadows being deepened.

Often I have been assured that Sandow used that method. But after his posing was over, the stage went dark; and in an incredibly short time the lights flashed on and Sandow would stride out from the wings, having donned wrist-straps, Leotard and belt. There was then no evidence of make-up, and I doubt whether there was time to have wiped it off.

I would suggest that some of Mr. Klein's readers experiment along these lines. For instance; have two pictures taken. Stand with your back to the camera, raise the arms (bent at the elbows), hold them out to the sides and flex all that galaxy of muscles across the shoulders and upper-back. Next have your self powdered and the high spots cleaned off as described; pose again, and see whether the effect is enhanced. We ought to get something interesting; either a proof or refutation of the practicality of make-up.